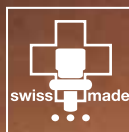


# TERGON

SWISS ERGOCHAIRS



User manual

## Basic functions of your TERGON office chair

1

### Seat height adjustment

Lift the lever at the front right to adjust the position of the seat so that your thighs are at an angle of slightly over 90° in relation to your upper body.



2

### Back rest adjustment

Lift the lever at the rear right to release the back rest so that it moves freely. The back rest can now be set at any angle by pressing the lever down to lock it in place. We recommend you to set the lever at its highest position so that the back rest moves freely. This will help you to maximise comfort for your back.



3

### Back rest pressure adjustment

Use the hand wheel to adjust the chair back pressure. Turn anticlockwise to increase the pressure.



4

### Back rest height adjustment

To adjust the height of the chair back, simply lift it slowly with both hands (no lever). When the maximum height is reached, the back disengages and returns to its basic setting. The optimum position is with the point of maxi-

mum curvature at waist height.



The basic functions on every TERGON office chair are adjustable. Depending on your order, the options are included in your office chair.

Basic functions:  
Options:

1 + 2 + 3 + 4  
A + B + C + D

## Options

A

### Seat level

Lift the lever at the front left and simultaneously press your back against the back rest while sliding the seat forwards. You should leave a space of about two finger widths between the back of your knees and the front edge of the seat. If you stand up and raise the lever, the seat returns to its basic position.



B

### Seat tilt

To adjust the tilt of the seat, raise the lever at the back left while sitting down and then push back into the chair until you find the right angle. Now, press the lever down again until it engages.



C

### Back rest curvature

Use the hand wheel on the right to adjust the curvature of the back rest in the lumbar region



D

### “Tango/Samba/Tecno” arm rest

To adjust the height of the “Tango/Samba/Tecno” arm rest, simply lift the lever on the underside of the arm rest. The width of the arm rest can also be adjusted by turning the hand wheel under the seat (except: “Tecno” arm rest).

### “Samba” arm rest

The “Samba” arm rest can be rotated by lifting the front and back simultaneously. It can also be adjusted for height and width in the same way as the “Tango” by turning the hand wheel under the seat.

### “Tecno” arm rest

The overlay of “Tecno” arm rest can be adjusted back-and forward. Simply press the button on the side of the arm rest.



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